



Staying Fit: The Ultimate Rightsizing

SHAPE Info

It's time to get into SHAPE!

May / Jun 05

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SHAPE's Health Fair

On 12 May 05, 0900-1200, SHAPE will sponsor our Health Fair in deFlorez 1041. The intent of this event is to provide employees awareness for the importance of healthier lifestyles. Organizations will have displays and handouts that will illustrate ways we can modify our routines to improve our lifestyles.

FREE Activities will include:
(subject to change)

Acupuncture **Balancing Point**
Vision Test... **Bayhead Eye Center**
Fitness Analysis .. **Sports Medicine**
Back Screenings

Oviedo Family Chiropractic
Diabetes Screening **Orlando**
Diabetes & Endocrine Specialist
Feet Screening

Orlando Foot & Ankle Clinic
Nutrition Info **FDA**
Epilepsy . Central Florida Epilepsy
Fitness Screening

Orlando Orthopedics
Cardiovascular Info **Health Dept**
Blood Tests (such as **Cholesterol**
and **PSA**) will be available for a fee.

SHAPE's Safety Fair

On 8 Jun 05, 0900-1200, SHAPE will sponsor our annual Safety Fair in deFlorez Room 1041. The intent of this event is to encourage employee awareness of the importance of a safe work and home environment.

Various local organizations will have displays and handouts from criminal safety, marine safety, mosquito control, auto safety to building safety.

SHAPE Ideas

.... contact:

Gary Ashland	407-384-3945
Linda Yeakle	407-384-5102
Lorraine Tuliano	407-380-8683
Annie Lopez	407-380-8475
Karen Witner	407-384-5129
MSgt Jim Darity	407-208-5732



Navy / Marine Corps Winning Basketball Team: Top row (left to right): FCCM Greg Sullivan, Kevin Portanova, Blake Shackelford, LT John Weston, Bill Robertson, MAJ Ken Chambers, Coach "Iron" Mike Charles; Front row (left to right) - Rick Neff, MA2 Michael Bradford, CAPT Antonio Scoffield, Pat Wong



Army / Air force Basketball Team: Top Row (left to right): Roger Claywell, Matthew Burris, Gene Strickland, Paul Smith, Michael Kelker; Front Row (left to right): Roger Hamilton, Rodney Joyner, CPT Andre Johnson, Tony Tolbert, Phil Davis. Not pictured: MAJ Robert Smith.

Photographer: Doug Schaub

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CAN YOU SAY FIVE-PEAT

by "Iron" Mike Charles

This Navy/Marine Corp team is the team for all the ages. This is the team that comes to play everyday. This is a team that when game day comes, opponents should be afraid...very afraid. The Navy/Marine Corp team knows that winning a basketball game is 99% skill and 1% luck. But that 1% is sometimes all you need. The Navy/Marine Corps experienced a little bit of that luck last year as well as this year en route to their 5th straight victory, with a final score of 45-44. Is there no mercy; is there no hope for the Army/Air Force team? No...not this day! The Navy brought out its young guns with LT John Weston, Blake Shackelford, and MA2 Michael Bradford hitting shots from anywhere they pleased; and the Marine Corp duo of MAJ Ken Chambers and CAPT Antonio Scofield took no prisoners during their offensive onslaught. With the Navy/Marine Corps leading the entire game, miraculously the Army/Air Force climbed their way back and ended up taking a one-point lead with 10 seconds left on the clock.

The Navy/Marine Corp in-bounded the ball to CAPT Scofield who brought the ball up the court and in the mist of taking the shot gets fouled. Unfortunately, none of the refs see the foul and the ball gets batted around on the floor and somehow winds up in the hands of MAJ Chambers who scooped it up, turned to the basket, let it fly with 2 seconds on the clock and HOOP, THERE IT IS! The Army/Air Force team could only look with shock and dismay as the ball went through the hoop and the buzzer sounded. It was a good game for some of us and not enough for others. Phil Davis was phenomenal for the Army/Air Force accounting for 18 of the Army/Air Force's 44 points, but on this day he did not have that 1% luck. In the end only one of us could take home the trophy – and there was no doubt that it was going to be the Navy/Marine

Corps bringing it home once again! Big Thanks go out to our scorekeepers Alison, Alicia, and Michele and our scoreboard keeper SGT Jabari Swinton...all did a fantastic job. Until next year...God Bless all the players and God Bless the USA!

SHAPE's Basketball Challenge 18 Mar 05

Navy / Marine Corp		Army / Air Force	
Bradford	-	Burris	1
Chambers	10	Claywell	-
Hughes	6	Davis	18
Neff	-	Hamilton	-
Portanova	-	Johnson	-
Robertson	2	Joyner	2
Scofield	-	Kelker	4
Shackelford	5	Smith, P	3
Sullivan	11	Smith, R	-
Weston	11	Stead	2
Wong	-	Strickland	5
	-	Tolbert	9
Total	45		44

Army / Air Force

-vs-

Navy / Marine Corps Softball Challenge

On Thursday, 26 May 05, at 1200, SHAPE will host our second annual SHAPE Softball Challenge during the CMWRA Picnic at Fort Christmas.

Encourage all center employees to attend and cheer for your favorite team!

Employees interested in joining a team, contact the respective team lead. The Army / Air Force team leader: Pat Concilio 407-380-4138; while the Navy / Marine team leader: Rick Neff 407-380-8537

Health Seminars

1200-1230, in deFlorez Room 1103:

May 4	Joint Health
June 8	High Blood Pressure
June 15	Blood Sugar levels
June 22	Anti aging
June 29	Heart Disease

7NOTE: The opinions expressed in these articles in this SHAPE Info are those of the author. They do not necessarily represent those of PEO STRI, AMC, the Department



CAPT Antonio Scofield elevates over the Army/Air Force defense to score 2 more crucial points for the Navy/Marine Corps.

Photographer: Doug Schaub